

# THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

July 25, 2022

## **Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 88 —Safety Precautions**

**WINDOW ROCK, AZ** – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates July 8 – 21, 2022. The advisory will be in effect until the risk and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Aneth	Dilkon	Littlewater	Ramah	Standing Rock
Baca/Prewitt	Forest Lake	Low Mountain	Red Lake	Tachee/Blue Gap
Becenti	Fort Defiance	Lukachukai	Red Valley	Teecnospos
Beclabito	Ganado	Lupton	Rock Point	Teesto
Black Mesa	Hogback	Manuelito	Rock Springs	Thoreau
Cameron	Houck	Many Farms	Rough Rock	Tohatchi
Chichiltah	Indian Wells	Nahodishgish	Sanostee	Tonalea
Chinle	Iyanbito	Navajo Mountain	Sheepsprings	Tsaile/Wheatfields
Churchrock	Jeddito	Nazlini	Shiprock	Tsayatoh
Coyote Canyon	Kaibeto	Nenahnezad	Shonto	Tuba City
Crownpoint	Kayenta	Newcomb	Smith Lake	Twin Lakes
Crystal	Lake Valley	Oak Springs	St. Michaels	Upper Fruitland
Dennehotso	Leupp	Pinon		

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness	Might be at Increased Risk for Severe Illness
<ul style="list-style-type: none"><li>• Older Adults</li><li>• Cancer</li><li>• Chronic kidney disease</li><li>• Chronic obstructive pulmonary disease</li><li>• Heart conditions</li><li>• Immunocompromised state</li><li>• Obesity and severe obesity</li><li>• Pregnancy</li><li>• Sickle cell disease</li><li>• Smoking</li><li>• Type 2 diabetes mellitus</li></ul>	<ul style="list-style-type: none"><li>• Asthma</li><li>• Cerebrovascular disease</li><li>• Cystic fibrosis</li><li>• Hypertension or high blood pressure</li><li>• Immunocompromised state</li><li>• Neurologic conditions, such as dementia</li><li>• Liver disease</li><li>• Overweight</li><li>• Pulmonary fibrosis</li><li>• Thalassemia</li><li>• Type 1 diabetes mellitus</li></ul>

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.

- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.